



Nurse Delegation Program

**Key to
Medication Assistant Certification
Training Manual
Sample Test Questions
for (MAC) Workers**

*For Programs Providing
Mental Illness or Substance Abuse Services*

MANUAL 3.2

Alabama Department of Mental Health and Mental
Retardation

www.mh.alabama.gov

Revised: January 18, 2007

NURSE DELEGATION PROGRAM (NDP 3.2)

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SAMPLE TEST QUESTIONS UNITS 1-3

1. Which is true about mental illness?
 - (A) People with serious mental illness do not choose to suffer from these disorders.
 - (B) Mental illnesses such as schizophrenia and manic-depression are often caused by problems with wiring in the brain.
 - (C) Mental illness is a common problem that occurs in one of five American citizens.
 - (D) All of the above.

2. What is true about medications for mental illness?
 - (A) Medications may have side effects that upset the patient.
 - (B) Medications for serious mental illness correct chemical imbalances or reduce excessive firing in the brain.
 - (C) Medications may reduce the intensity or frequency of false beliefs and the distress produced by these beliefs.
 - (D) All of the above.

3. A 26-year-old resident with schizophrenia and seizure disorder tells you that his Dilantin sometimes makes him a little sleepy. He questions whether he should continue to take the medication. Your best course of action is:
 - (A) Tell him that the medicines will help to prevent seizures.
 - (B) Encourage him to discuss the side effects with his doctor.
 - (C) Tell the nurse that he is complaining of side effects.
 - (D) All of the above.

4. Jimmy has bipolar disorder and sometimes refuses to take his medications. Jimmy does very well on the medications but he has serious behavior problems when he stops his medicines. The doctors try to treat Jimmy with as little medicine as possible; however, he still needs large doses of medicines that can produce unpleasant side effects, like dry mouth and sleepiness. Today, Jimmy is telling you that he does not intend to take his medicines. Your first course of actions is:

- (A) Ask Jimmy why he does not want to take medicines.
- (B) Remind Jimmy that every time he stops taking his medicine you have to call the police.
- (C) Call Jimmy's Mom and Dad so that they can remind Jimmy that he promised to take his medicines.
- (D) Call the nurse to come and give him a shot because he may get out of control.

5. The major symptom associated with schizophrenia is:

- (A) Hearing voices.
- (B) Seeing things that are not there.
- (C) Having delusions.
- (D) All of the above.

6. A common symptom of depression is:

- (A) Trouble sleeping
- (B) Loss of appetite.
- (C) Loss of energy.
- (D) All of the above may occur in depression

7. Medication Assistants (MAC's) can assist with all the medications listed below, EXCEPT:

- (A) Injections
- (B) Inhalers
- (C) Eye Drops
- (D) Skin Creams

8. Before I can be a Medication Assistant Certified (MAC) , I must:
- (A) Go to the Internet and read a bunch of articles
 - (B) Take 24 hours of training and pass two tests
 - (C) Pay my nurse
 - (D) None of the above
9. Prescription and over the counter (OTC) medications are:
- (A) Two types of medications
 - (B) Two illegal substances
 - (C) Dispensed only by the pharmacist
 - (D) Used to help trees grow
10. Rules to remember for storing medications are important because they help:
- (A) Prevent changes in the strength and chemical make-up of medicines
 - (B) Prevent your clients from getting the wrong dosage of medicines
 - (C) Prevent your clients from getting some one else's medicines
 - (D) All of the above
11. The term schizophrenia refers to people who have:
- (A) High blood pressure
 - (B) Diabetes
 - (C) A serious mental illness
 - (D) Kidney failure

SAMPLE TEST QUESTIONS UNITS 4-6

1. You should wash your hands with:
 - (A) Pump soap and water
 - (B) Bar soap and water
 - (C) Waterless antiseptic hand gel
 - (D) Any of the above is acceptable

2. Washing your hands before you assist with a client's medication:
 - (A) Is the best way to prevent the spread of germs
 - (B) Is not necessary
 - (C) Gives you something to do while your client comes for his medicines
 - (D) Causes your hands to be very dry

3. Oral medications come in several different forms including:
 - (A) Tablets
 - (B) Liquids
 - (C) Capsules
 - (D) All of the above

4. Some special points to remember when assisting clients with oral medication include:
 - (A) Lock the storage area if you must leave before you are done
 - (B) Never assist several clients with medications at once
 - (C) If you assist your client with more than one medication you must check each medication separately using the 6 rights
 - (D) All of the above

5. Your skin is made up of :
 - A. The epidermis
 - B. The dermis
 - C. The subcutaneous tissue
 - D. All of the above

6. Topical medications refer to those medicines that are:
- A. Swallowed
 - B. Placed under the tongue
 - C. Inhaled
 - D. Applied to the skin
7. Topical medications come in several different forms including:
- A. Creams
 - B. Patches
 - C. Lotions
 - D. All of the above
8. Ear drops help to:
- A. Cure infections
 - B. Soothe pain
 - C. Soften ear wax
 - D. All of the above
9. Parts of the ear include:
- A. Ear drum
 - B. Trombone
 - C. Cauliflower
 - D. Saw horse
10. John is a 22-year-old resident of your group home with schizophrenia. He suffers from auditory hallucinations and he hears voices all the time. John begins to complain that his ear is hurting him and he is constantly digging at the ear with his finger. John is cooperative with his medications and rarely talks to the staff except to ask for a cigarette. Your correct action is:
- A. encourage him to buy over-the-counter eardrops.
 - B. reassure him that earaches are part of hearing voices.
 - C. ask your nurse to speak with John and access his need to see a doctor.
 - D. ask your nurse to request more medicines for John because of his psychotic symptoms.

11. John also tells you that he is having trouble hearing out of the ear that is bothering him. He usually does not complain about hearing problems and he does not wear a hearing aid. Your best action for John is:
- A. gently clean his ear canal out with Q-tips and peroxide.
 - B. tell your nurse that he is also complaining of hearing loss in the ear.
 - C. flush his ear out with warm, soapy water.
 - D. squirt a little earwax removal in his ear to get the wax buildup out.
12. Bill is an older person with hearing loss. Bill has hearing aids that help him listen to the television and talk with people using a normal voice. Recently, Bill has been playing the television loud and not following instruction. Usually Bill is agreeable and follows instructions. Bill has a history of schizophrenia but he does not hear voices anymore because the medicines control this symptom. Your best plan for Bill is:
- A. clean the earwax out of his ears with a Q-tip.
 - B. put earwax-softening medicine in his ear and place a cotton ball at the end of the ear canal to prevent the medicine from running out.
 - C. check the batteries and make sure the hearing aids are properly turned on.
 - D. alert your nurse that Bill doesn't seem to be able to hear as well, and ask for advice.

SAMPLE TEST QUESTIONS UNITS 7-9

1. Peter has severe asthma for which he takes pills and an inhaler. Peter also has been diagnosed with schizophrenia. Sometimes he will not take his medicine as prescribed. Recently, Peter has stopped taking his inhaler because he thinks, “it messes up my thinking”. Now Peter seems more restless and his breathing rate is much higher (22). He looks a little pale and he is sweaty to touch. These changes may result from:
 - A. Low oxygen caused by not using his inhaler.
 - B. A new medical problem.
 - C. Fatigue from working hard to breath
 - D. All of the above may be occurring in your client.
2. Nasal inhalers are used for several different problems for the nose including:
 - A. Open the nasal passages
 - B. Heal sinus infections
 - C. After surgery
 - D. All of the above
3. The nose and sinuses make up the:
 - A. Olfactory system
 - B. Auditory system
 - C. Respiratory system
 - D. None of the above
4. Sinus infections are caused by:
 - A. Viruses
 - B. Bacteria
 - C. Fungus
 - D. Bloody noses

5. Conjunctivitis is another name for:

- A. Glaucoma
- B. Eye infections
- C. Cataracts
- D. Poor eyesight

6. Parts of the eye include:

- A. Cornea
- B. Iris
- C. Pupil
- D. All of the above

7. Corneal abrasions are caused when:

- A. A client has a disease of the eye
- B. A client is injured by a sharp object or material that strikes the eye covering
- C. A client has a cataract
- D. None of the above

8. Which of the following is not part of the respiratory system?

- A. Trachea
- B. Bronchi
- C. Alveoli
- D. Cornea

1. Asthma is a disease that affects the:

- A. Eyes
- B. Ears
- C. Lungs
- D. Stomach

10. Trachea is another name for your:

- A. Windpipe
- B. Esophagus
- C. Nose
- D. Ear

11. Breathing problems can occur because:

- A. Lungs are damaged by smoking
- B. Upper airways do not allow flow of air
- C. The brain does not tell the lungs to breathe fast enough
- D. All of the above

(A) Tyler is a client in your facility with asthma. He takes a tablet and an inhaler to control his symptoms. Which is true about Tyler?

- (A) His breathing trouble is caused by swelling of his tongue.
- (B) His breathing trouble is caused by swelling in his throat.
- (C) His breathing trouble is caused by closure of tiny air passages deep inside the lungs.
- (D) His breathing trouble is caused by scaring of the lungs.

(B) Which is true about inhaler medicine for asthma?

- (A) As long as it gets into the patient's mouth and nose, the medicine will work.
- (B) The patient actually swallows the medicine after he puts in his mouth.
- (C) The resident must inhale the medicine deep in the lungs to open deep air passages.
- (D) The medicine coats his nasal sinuses to be sure to allow him to breathe easily.

SAMPLE TEST QUESTIONS UNITS 10-12

1. A client with manic depression requires medications to control his symptoms. The client is visited by several cousins from out of state who ask you how the client is doing when the client is in his bedroom collecting his belongings for a day trip. The correct response to this inquiry is:
 - (A) Tell the cousins that the client is doing well.
 - (B) Complain to the client's cousins about how depressed you are.
 - (C) Tell the cousins that you cannot discuss anything about the client's condition.
 - (D) Any of the above would be o.k.

2. A client has a severe seizures and the paramedics are called for assistance. The client is receiving multiple medicines and the paramedics wish to know his diagnosis and his medications. The rules of confidentiality would allow you to:
 - (A) Provide any records and history necessary to assist the client in this emergency situation.
 - (B) Ask for written consent from the parent before you release information.
 - (C) Ask for verbal consent from the parent before you release information.
 - (D) Refuse to provide privileged and protected information to the paramedics.

3. Your co-worker is messy and sometimes absent minded. She often leaves records lying in the office or on the table in the medication room. During the daytime, she is more orderly when the supervisors are in the building. This behavior is:
 - (A) Acceptable because no one has seen the records except staff.
 - (B) Unacceptable because you do not know who may have looked at those records.
 - (C) Acceptable because the client did not forbid the workers from leaving the charts lying around.

(D) Acceptable because most group homes try to keep records handy for workers and other individuals.

4. What is an example of violation of a client's confidentiality?

(A) Two workers talking about the client in the mall.

(B) A worker leaving the record open on top of a desk in the day area.

(C) A worker talking with their spouse about a client who struck them during the daytime.

(D) All of the above are violations of confidentiality.

5. A worker is struck in the head by a client when the worker refuses to allow the client to smoke a cigarette. The worker is not seriously injured, but they are understandably upset and anxious. The worker goes home and his wife asks him "honey, how was your day at work". An acceptable response that would respect the client's confidentiality is:

(A) Honey, I was hit in the head today and my ear really hurts.

(B) Johnny attacked me at work for the third time.

(C) I can't talk about what happen at work today, even though it makes me really angry.

(D) None of the above would be correct response.

6. You take a client to a doctor's visit and you bring the medical record with you. You forget the record at the doctor's office and leave the document sitting on the secretary's desk. Two hours later, you are able to retrieve the record and all of the pages appear to be present. What is the best way describe this situation?

(A) No problem because the doctor understands confidentiality and you got the record back.

(B) No problem because there is no clear evidence that the client's privacy or confidentiality were violated.

(C) A medical record lying in a strange office without supervision is a major risk for breaking a person's confidentiality.

(D) This is not a problem because the client did not know that his medical record was lost.

7. The correct course action in this situation is:

- (A) Inform the client or family that the record was lost, but found.
- (B) Don't tell the family but if they ask you tell them the truth.
- (C) Tell the family as little as possible as you will certainly be sued by the family.
- (D) This is a no harm situation. If there is no evidence that the client's confidentiality was violated.

8. You are giving evening medicine to Bob and he looks somewhat upset. He confides in you that his voices are really bothering him and might consider hurting himself. He tells you that you cannot tell anybody about the voices. The rules of privacy require:

- (A) That you do not tell anyone regardless of the risk.
- (B) That you tell Bob how concerned you are and that you need to ask the advice of your supervising nurse.
- (C) That you receive written permission from Bob before you tell anybody his suicidal ideas.
- (D) That you promise to never tell anyone and then promptly call your nurse.

9. You are watching another MAC worker assist clients with medications and you hear the MAC worker say, "John you need to take your medicine like Bill, he takes his medicine without any trouble and he takes the same pills as you do. He doesn't have a problem with his medicine. So you should not have a problem with it either." What is the most accurate statement about this situation?

- (A) The worker is using good technique to encourage the other client.
- (B) The worker is praising Bill for his compliance with medications.
- (C) The worker has violated John and Bill's privacy.
- (D) All of the above are correct.

10. A MAC worker may choose to hold a medication while they contact their nurse and ask for additional instructions when which of the following occurs:

- a. The client's family calls and asks the MAC to hold the medicine
- b. The doctor's office calls and tells the MAC to hold the medicine
- c. The client is very sleepy
- d. All of the above

